and flame. And many a planet, where it swept with might Round many a central sun, they named by

They spoke of races whom the gradual spell Of wisdom won had raised from crime

How hate and sin had made this world a hell. And love had made that world a paradise!

And while they singled, either near or far, Bright orb from orb in beaven's untold abyes, At last one pointed to a certain star, And said, with dubious gesture, "What of this?

"Earth it is called," his musing mate replied,
"By those dim swarms its continents beget.
Tis a young star, and they that there abide
Shall not wear wings, like us, for centuries yet!"
—Edgar Fawcett in Lippincott's.

SUNSHINE AND GOOD HEALTH.

Vitalizing Effects of Colored Rays-Nud-

Nations Exempt From Scrofula. In the first place, for the ordinary pur-poses of life, for all people who are well, or nearly well, the full white light as it come nearly well, the full white light as it come from the sun, is better than any of the colored rays, which are in themselves the constituent parts of that light. It is also most vitalizing and toughening to all feeble or negative persons. But the colored rays of spulight as separated in a solar spectrum, or as strained off by means of colored glass, constitute all the different sides of power from warmth to coldness, consequently in the treatment of disease, which is a one-sidedness of physiological action, we sometimes need of physiological action, we sometimes need some special color which develops the other side, and thus brings out the harmony which we call health.

I will merely hint at some brief facts with reference to the full sunlight, reminding the reader that there are several times as much sickness on the shady side of a house or the northern slope of a mountain as upon the sunny side; that the insane idea of shading sunny side; that the insane idea of shading all windows, while saving the tints of the carpets slightly, will fade out luman checks extensively; that there are patients whose cases have baffled the most eminent physicians while in shaded rooms, and yet they have been entirely healed by getting into the sunlight; that the nude nations of the world, who receive the light on their skin, are rarely, if ever, afflicted with scrofula or most of the receive the light on their skin, are rarely, if ever, afflicted with scrofula or most of the other diseases, while their physical power is greater than that of the people who wear clothing; that the terrific calamities of idiocy, shocking deformities, goltres, etc., called cretinism, result from dwelling in the sunless valleys of the Alps; that living in cellars and shadowy places induces consumption, anemia with its ghastly pallor, shriveled features, depression of spirits, lifelessness, excitable nerves, tumors, ulcers, stupid mentality and many other perversions.

many other perversions.

"The only girls with rosy-red cheeks and sweet breaths," says Dio Lewis, "the only girls who become fully ripe and sweet, are those who baptise themselves freely in sunshine." And yet in railroad cars, horse cars and all other places where the blessed sanshine is trying to come in our ladies careally and all other places where the blessed sunshine is trying to come in, our ladies usually shut it out in hot haste, for fear of having their complexions spoiled. It is true that in very hot weather it is best that the upper brain should be protected from the full sunlight, and also that a person walk on the shady side of the street; but in all moderately warm or cold weather the sunry side is far better.—E. D. Babbitt, M. D., in Hall's Journal of Health.

The Latest Freak in Cards. The Latest Freak in Cards.

It's a great thing to be fashionable, and I think that those who are do not acquire their fine taste, but that it grows within them like unto refined meanness and pootry. I met a little lady a few hours ago who is too fastidions and thorough about her toilet to acquire anything, and she assured me that at a dinner which she is to give at an early date the latest thing in early in to be used. In a the latest thing in cards is to be used. In a spasm of confidential regard she showed me the latest thing, and together we rhapsodized and worshiped it. And now, with all influences removed, I don't think so much of the eard, even though it is Egyptian, direct from New York, and artistic to a degree of ragged-ness, dirt, and age. The thing looked, as it seems to me, as if it had gone down in the Ore-gon, stayed there for several weeks, and then came up again. In size it is six inches long by four inches wide; its color is a sort of waterlogged gray brown, and the menu upon its fear was a sort of waterlije block. a sort of metallic black. courier and directory to a meal for healthy men and women it ought to have a very de-pressing effect. Maybe there is a method in artistic madness, and that's what its for. Such art would be useful.—Cleveland Plain-

The American Oil Can Abroad. There is not any discrimination in Turkey There is not any discrimination in Turkey against American petroleum, whether at the depot or elsewhere, at least by the ottoman government. If any facilities have been granted to the Russian trade which have not been equally extended to ours no complaint has been made at the consulate or legation. Our importers of the American article are sufficiently awake to their own interests to pre arrive protest against such discrimination. pre apily protest against such discrimination.
The greatest local difficulty in Turkey and in the islands of the archipelago are the frauds connected with the sale of the American petroleum. The "Danaos," whom Virgil can petroleum. The "Danaos," whom Virgil feared when bearing gifts, are generally the cumning culprits. They substitute the poorer Russian article in our American boxes and cans and sell it for the better American. But such impositions cannot last long. They soon find their remedy. It is astonishing what a useful utensil for every purpose, cull-nary and otherwise is the source American. nary and otherwise, is the square American tin oil can in which the article is transported. You see it where a house is building. It holds the water to mix the mortar. You see it in the vineyard. With it the vine grower waters his plants. You see it on the hillside, on the rocks, and in the meadows; at the sweet waters of Asia and Europe, where the gay banoums congregate, arrayed in their many-hued silk ferejees, to coquet and gossip. It furnishes the water from which the shorbet is made. On isle and mainland, in city and country, the American tin passes current, taking the place of wooden and tin buckets. I have even seen it in its debased, oxidized condition used to repair fences upon the hilly turnpike on the road to the sultan's palace at Yildez. I saw a dozen watermer upon this isle of Prinkipos filling out of the wells their casks of water upon their donkeys with the aid of this American tin petroleum can.—S. S. Cox in Chicago Times.

Faithful Omaha wife—Yes, it is true, My husband and I are going way out into the wilderness to take up a homestead. Fair caller—Dear me! How long will you have to live there! "Five years." "How I pity you. Is there anything I can do to soften your lot?" "Let me see—you might send me the fashion papers."—Omaha World.

A Poor Illustration. "Don't know how many times three times ten is? Now, Harry," said the teacher, "if one loaf of bread cost ten cents, wouldn't three cost thirty cents?" "Maybe so at your bakery, but we deal with a baker that gives three for a quarter."—Texas Siftings. General Adbertisements.

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